

Pre-Treatment

- Notify your medical professional of any medications you have used within the last 6 months.
- No antibiotics 2 weeks prior to laser treatment or as directed by practitioner.
- Do not apply any creams, ointments or lotions to the area days prior to treatment. Make sure that the skin and nail is dry in the area to be treated.
- Shave hair from toes that will be treated the evening before. If shaving assistance is needed, a \$30 fee will apply.
- Please notify us prior to treatment of any changes in your medical history, medications, pregnancy and irritated skin (sun burn). If pregnancy occurs during the course of treatment, we will postpone treatments until after delivery.
- Remove all nail polish.
- Ensure all nails are cleaned and trimmed thoroughly.
- Disinfect all shoes with antifungal spray/powder to reduce the risk of reoccurrence. Bring a pair of open toe shoes to wear after treatment.
- If you arrive to your appointment and the above pre-treatment has not been followed, we will not be able to treat you. A fee will be assessed and your appointment will have to be rescheduled as if you had missed an appointment per our Cancellation Policy.

Post-Treatment

- You may return to your normal daily activities immediately after your treatments.
- Keep nails clean and trimmed. (disinfect all instruments after each use)
- Nail polish can be applied 24 hours after treatment.
- Try to avoid walking barefoot in public places. (Gym, pool, etc.)
- Although the nail may not be infected by the end of all scheduled treatments, the nail color may not return to its natural color.

- We highly recommend disinfecting all shoes with an antifungal spray/powder that will be worn during the course of treatment with antifungal spray after treatment to reduce the risk of reoccurrence.
- Wear clean socks/shoes after treatment. Clean sheets, disinfect shower/bath and vacuum all carpets the day of treatment.
- Reinfection rate can be high if improper foot care, disinfecting of shoes and monitoring is not done.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your medical professional. Additional treatments may be needed depending on the severity of the infection.
- Response to treatment depends on the severity of the condition and how well you adhere to the recommended care after treatment. Continuing powders/ointments/sprays in between treatments and after all treatments can help prevent reoccurrence. (do not apply before treatment session)
- If the area becomes tender, reddened or shows signs of infection, please notify the office immediately during business hours at 903-534-0773. After business hours, please report to the nearest emergency room or urgent care.

Your next scheduled appointment will be _____.